



## **PLANTS FOR HEALTH**



# Key Ideas

Some plants are important sources of bush medicine. Plants often need to be prepared in special ways before they can be used.

## Work Requirements

Students will:

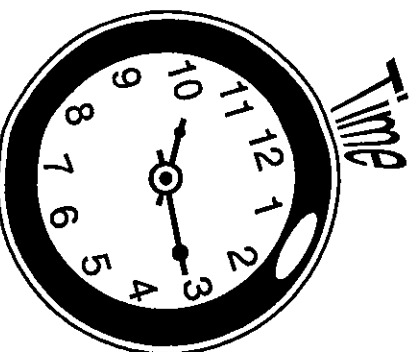
- assist in the preparation of some plants to be used as medicine
- learn about the types of medicines that can be found in the bush
- write a recipe for the preparation of a particular bush medicine.

## Teacher Preparation

Ask an Aboriginal community member to talk to the students about bush medicines and plants. They will need to be able to tell the students about the ways the bush medicines can be used. You may wish to go out and collect a specific plant to make up some bush medicine or you may wish to use the plants you collected in the previous activity.

## Materials

plants collected in previous activity or collect new plants  
paper  
pens, pencils  
camera, either to take photographs or videos



**1 hour**

# Student Tasks

## FOCUS

1. Brainstorm: When we are feeling sick, what things can we do to feel better? What do we need medicine for? Can we get medicine from the bush?  
Teacher records ideas on the board.
2. Listen to a community member talking about the bush medicines.  
Ask some questions.

## INVESTIGATE

Class: Choose a plant that you can use for medicine.  
Find out what you have to do to that plant so that it can be used as medicine.

## PROCESS DATA

Procedural genre: write a recipe 'How to prepare bush medicine if you are feeling sick with \_\_\_\_\_'.

## EVALUATE

Why do you have to do something to the plant?  
Can you find this plant in every season?  
What else can you use to treat the same problem/illness?

## USE SCIENCE

Discussion: How can we use this information when someone is sick?

## ACT RESPONSIBLY

Individual: Talk to a health worker about how you can take care of your health.  
Talk to community people about preserving and recording the knowledge about bush medicines.

## Vocabulary

medicine, sore throat, stomach, pain, toothache, mosquito bite, itchy skin, cold, illness, healing

## Language structures and features

Giving directions

Find \_\_\_\_\_

Soak \_\_\_\_\_ etc.

## Genres

Procedure

### Further Study Ideas

Develop a book containing information about bush medicines in your community. This could be a class activity.

Consult with community members

CULTURAL CONSIDERATIONS • • • • •